

**FALL FAVORITES – CREAMY BUTTERNUT SQUASH SOUP**  
By Kimberli Washington, Public Information Office



**Ingredients:**

- 2 pounds butternut squash, peeled, seeded and cut into 1-inch cubes
- 2 medium carrots, peeled and chopped
- 1 potato, peeled and cut into 1-inch cubes
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- 4 cups vegetable stock
- 1 cup soy milk
- Salt and pepper, to taste
- Sweet paprika, garnish

**Directions:**

- In large pot, heat olive oil on medium-low heat. Add garlic and onions. Stir until translucent, about 5 minutes.
- Add stock, squash, carrots and potatoes. Bring to a boil.
- Lower heat and simmer for about 30 minutes or until vegetables are tender.
- Remove pot from heat and add soy milk. Puree soup using either an immersion or regular blender until smooth.
- Return to a low simmer and season with salt and pepper to taste. Garnish with sweet paprika.
- Serve and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.